

# SILVER STREAK

A Newsletter of Programs, Activities and Community Services

## Registration Dates:

February 10 - Residents  
February 12 - Non-Residents

Available to Older Adult Residents

**March/April 2016**



[www.danville.ca.gov](http://www.danville.ca.gov)  
[seniors@danville.ca.gov](mailto:seniors@danville.ca.gov)  
(925) 314-3430

<b>Danville Senior Center</b> 115 E. Prospect Avenue	<b>Danville Community Center</b> 420 Front Street	<b>Hap Magee Ranch Park</b> 1025 La Gonda Way	<b>Oak Hill Park Community Center</b> 3005 Stone Valley Road	<b>Town Meeting Hall</b> 201 Front Street	<b>Village Theatre &amp; Art Gallery</b> 233 Front Street
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*Lend-A-Hand Volunteers*

## 13th Annual Lend-A-Hand Day

The 13th Annual Lend-A-Hand Day will be on Saturday, April 30

The Town of Danville, along with numerous volunteers from the community, are joining forces to provide senior citizens with basic yard cleanup.

Individuals who would like to have help with their yard work should contact the Senior Center at 314-3430 or email [seniors@danville.ca.gov](mailto:seniors@danville.ca.gov) to request an application. Individuals who want to volunteer for a work crew should sign up on our volunteer website: [www.surveymonkey.com/r/LendaHand2016](http://www.surveymonkey.com/r/LendaHand2016)

## Creating Your On-line Account

If you have not yet created your on-line account, we encourage you to set up your NEW customer account today by following these directions:

- Go to [www.danvillerecguide.com](http://www.danvillerecguide.com)
- Click on the Create an Account link (under the blue Sign In button)
- Follow the system prompts

For those of you who do not have computer access, the Danville Senior Center staff will be available to assist you with the process.

## 7<sup>th</sup> Annual Recreation Program Expo

Saturday, February 6, 10:00 AM to 1:00 PM

Location: Danville Community Center

Come on down to the Danville Community Center on Saturday, February 6 from 10:00 AM to 1:00 PM to check out what the Town of Danville has to offer. All Expo attendees will receive a coupon code to receive a 10% discount on fees for programs listed in the Spring Activity Guide, Summer Camps Brochure, and the March/April Silver Streak (the 10% discount does not apply to Senior Sneaker trips). For more information, please contact the Senior Center at 925-314-3430.

## Senior Issues Sub-committee

Do you have an idea for a new activity or an improved procedure for Senior Services? Attend the scheduled meetings to be heard by the decision makers.

**Next meeting:** April 27

**Time:** 4:00 p.m.

**Location:** Danville Senior Center, Meeting Room

**Mark your calendar!**

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# Senior Sneakers Trips

## ACTIVITY LEVELS

You must be able to walk six steep steps to board the bus. Please let us know if you have any physical limitations prior to signing up for a trip so staff can try to accommodate your needs ahead of time. All trips depart from Diablo Vista Park.

Choose your level carefully:

**LEVEL 1:** Easy, sitting/little walking. Must be able to stand 10 minutes without assistance or bring your walker or wheelchair.

**LEVEL 2:** Small amount of walking

**LEVEL 3:** Moderate to heavy walking

**LEVEL 4:** Heavy amount of walking/standing

**LEVEL 5:** Strenuous walking/hiking

If you aren't sure where you fit, call us at (925) 314-3430.

*Please note: Times listed for trips are approximate.*



## March/April Trips

***New cancellation policy regarding trips: Any trip cancellations must be made 10 business days prior to the trip unless tickets have already been purchased. Some trips may not be refundable.***

### **Musical Production: Portrait of Peony Chinatown, SF**

**Saturday, March 5, 10:30 am - 5:00 pm**

Join your Senior Sneaker friends for a beautiful bilingual theater production in Chinatown, San Francisco. This annual event begins with a hosted traditional Chinese meal followed by a unique play performed in alternating Chinese and English, with modern day wit, sparkling costumes, and graceful imperial dancers. Activity Level: 2. Fees: \$77(R) \$92(N)

### **John Muir House and Port Chicago Trip Martinez**

**Thursday, March 10 (transportation not included)  
9:45am - 4:00 pm**

John Muir played many roles in his life, all of which helped him succeed in his role as an advocate for nature. Muir fought to protect the wild places he loved, places we can still visit today. Muir's writings convinced the U.S. government to protect Yosemite, Sequoia, Grand Canyon and Mt. Rainier as national parks. Tour the 14-room Italianate Victorian mansion where he lived, as well as a nearby 325 acres tract of native oak woodlands and grasslands historically owned by the Muir family.

The Port Chicago Naval Magazine National Memorial is a memorial dedicated in 1994 recognizing those who died in

the Port Chicago disaster, and the critical role played by Port Chicago, California during World War II in serving as the main facility for the Pacific Theater of Operations as well as the touchstone for desegregation in the military. **Registered participants will be entering a Military facility - photo ID and additional information will be required.** Picnic lunch will be provided. Activity Level: 4. Fees: \$10(R) \$12(N)

### **The 22nd Annual Spring Garden Market - San Jose**

**Saturday, April 16, 8:30 am- 6:00 pm**

Join us at the 22nd Annual Spring Garden Market, San Jose's premier plant sale, sustainable gardening showcase and vendor fair in beautiful historic San Jose. Lining Main Street will be 40+ booths ranging from plant nurseries, gardening societies, urban farmers, beekeepers and conservation groups to vendors of containers and raised beds, apparel, mosaics and even chicken coops. Choose from a huge variety of tomato, pepper, herb, and flower seedlings that are raised right here in Santa Clara Valley.

We grow varieties not readily available elsewhere, selected for outstanding taste, beauty, and performance in our soil and climate. Join us for 45-minute talks by master gardeners throughout the day, from tips on growing great tomatoes to gardening in a drought. Whatever you call it, a garage sale, a

rummage sale, or a re-purposing event, it's a great opportunity to pick up gently used tools, pots, books, trellises and more at bargain prices while benefiting the Master Gardener program. Lunch on your own. Activity Level: 3. Fees: \$45(R) \$54(N)

## **Ironstone Vineyards Tour – Murphys, CA Thursday, April 21**

**Friday, February 26, 8:00 a.m.- 6:00 p.m.**

There is no better way to see Ironstone than by enjoying an exclusive private tour coupled with a private wine and canapés tasting (7 wines/7 canapés) and a grand luncheon. Our tour will include the Heritage Museum where you'll see a 44 lb. crystalline gold nugget on display, outdoor amphitheater, a 400 foot covered bridge, wine caves and breezeway, the Music Room, featuring the Alhambra Theatre Pipe Organ, and spectacular gardens - we expect to see the tulips in full bloom! Private luncheon included. Activity Level: 4. Fees: \$107(R) \$128(N)

## **Buzz Sessions**

*What's the Buzz on topics and issues facing today's older adults? Join us to talk to the experts. Sessions are free! Please contact Senior Services at (925) 314-3430 or [seniors@danville.ca.gov](mailto:seniors@danville.ca.gov) if you have any suggestions or would like to offer a buzz session!*

### **How to Lower Cholesterol and Triglycerides**

**Tuesday, March 1, 2016, 10:00 am - 11:00 am**

**Presenter: Linda Michaelis**

**Location: Danville Senior Center**

Come and learn about the best nutrition regimen to lower your cholesterol and triglycerides. You will learn about the importance of a high fiber diet, the benefits of adding fish oil and flax seed to your diet, as well as a low fat diet.

### **Savvy Social Security Planning. What you need to know to maximize your retirement income.**

**Tuesday, March 8, 2016, 10:00 am - 11:00 am**

**Presenter: Rich Cerruti**

**Location: Danville Senior Center**

When and how to take Social Security will likely be one of your first and most important retirement decisions. Figuring out the best time to apply for benefits and understanding which benefits you're eligible for can often be a complicated and difficult decision. Although there is no "one size fits all," this

educational and interactive session will review the important considerations and various strategies that can be utilized based on marital status, age, earnings, and financial needs to help one make the most informed decision on this key element of retirement planning.

### **Improve your Balance**

**Tuesday, March 15, 2016, 10:00 am - 11:00 am**

**Presenter: Ida Hirst, Physical Therapist**

**Location: Danville Senior Center**

During this class, Ida Hirst, P.T., will discuss the different balance systems in our body, how they work together and what happens when things go wrong. Ida will also discuss and teach some simple ways to improve your balance and safety if balance has become a problem for you, or if you simply want to know what to do to maintain good balance throughout your life.

### **Estate Planning 101**

**Tuesday, March 22, 2016, 10:00 am - 11:00 am**

**Presenter: Sarah S. Nix**

**Location: Danville Senior Center**

We will talk about the importance of having an estate plan and review the basic documents including a will, trust, power of attorney, and health care directive. We will consider the recent changes in the tax laws and how those changes can impact planning. I will present the benefits of a complete estate plan and discuss the common issues and concerns people often have about setting up, changing, or updating their estate plans.

### **Points of Life: The Conversation about Aging**

**Tuesday, March 29, 2016, 10:00 am - 11:00 am**

**Presenter: Richard Wexler**

**Location: Danville Senior Center**

Understanding the conversation you should be having with your family as you age before an illness or fall. This Buzz session will discuss estate planning, the financial plan, finding care and financing care through end of life and more. If you struggle with that conversation, this Buzz session is for you. Resources for Life, the most comprehensive vetted database of elder care providers across the US, is FREE!

### **General Foot Care for Seniors**

**Tuesday, April 5, 2016, 10:00 am - 11:00 am**

**Presenter: Dr. Naleen Prasad, DPM**

**Location: Danville Senior Center**

This Buzz session will focus on how best to care for your feet as a senior. Dr. Naleen Prasad, DPM, will discuss prevention and foot treatment for diabetics, gout, fractures and other at-risk foot care, etc.



# Buzz Sessions/Classes

*Buzz Sessions (continued...)*

## Hospice Care Options

**Tuesday, April 12, 2016, 10:00 am - 11:00 am**

**Presenter: Sue Fordon, Hospice of the East Bay**

**Location: Danville Senior Center**

Most people are referred to hospice by their doctor. They don't realize they have a choice of hospice programs, or what to look for when choosing hospice care for their family member. This Buzz session will cover Consumer Reports suggestions for choosing a hospice, as well as what to expect from this Medicare covered benefit.

## Trekking Poles: Basic Training

**Tuesday, April 19, 2016, 10:00 am - 11:00 am**

**Presenter: Kaylynn Schreve, Wellspring Fitness +Balance Training**

**Location: Danville Senior Center**

Learn the multiple benefits older adults can gain from walking with trekking poles over walking without them. Trekking poles can aid your balance, preserve your knees, ankles and hips and help with weight management as you burn more calories than ordinary walking. Attend this class to learn the basics and get you prepared to walk with poles in your neighborhood and on our trails.

## Senior Wishes Can Come True

**Tuesday, April 26, 2016, 10:00 am - 11:00 am**

**Presenter: Mary Chapman, Elderly Wish Foundation**

**Location: Danville Senior Center**

Come learn how this wonderful non-profit was started, the qualifications to be eligible or nominate someone for a wish. We will share some heartwarming stories about the wishes we have granted since July 2000.

## Classes

*(Classes listed alphabetically by category)*

### ART/CRAFT CLASSES

#### Acrylic Painting

**Monday, March 7 – April 18, 10:00 a.m.-12:00 p.m.**

**Location: Danville Senior Center, Art Room**

**Instructor: Zina Kassab**

Learn all about painting with acrylics, with emphasis on composition, color mixing and brush work. Participants will also learn all about acrylic techniques and textures. Students will be guided with a step-by-step demonstration and no experience necessary. Fees: \$120(R) \$144(N). \$8 materials fee. No class 4/4.

#### Easy Watercolor Still Life

**Monday, April 11 – April 25, 10:30 a.m.-12:30 p.m.**

**Location: Danville Senior Center, Art Room**

**Instructor: Ilah Jarvis**

Learn how to paint a beautiful still life watercolor painting. No drawing skills are required. Materials will need to be purchased by participant prior to class. A detailed materials list will be given prior to class. Fees: \$68(R) \$82(N).

#### Hand Painting on Glass

**Tuesday, March 8 – April 19, 1:00 p.m.-3:00 p.m.**

**Location: Danville Senior Center, Art Room**

**Instructor: Zina Kassab**

Participants will learn to paint on clear and colored glass such as plates, vases, wine glasses and candle holders, using different designs to change any ordinary glass to an artwork. Participants will be guided throughout the class with a step-by-step demonstration. No class on 4/5. \$15 materials fee. Fees: \$120(R) \$144(N).



*Art Class*

#### Simple Crochet Scarf

**Monday, March 7 – March 21, 1:30 p.m.-3:30 p.m.**

**Location: Danville Senior Center, Community Hall**

**Instructor: Ilah Jarvis**

Learn the basic crochet stitches to make scarves and hats. We will discuss how different yarns behave, and learn how to read simple written patterns. Bring a ball of worsted weight yarn and a size J crochet hook, a pair of scissors and a folder for handouts. Fees: \$68(R) \$82(N).

# Classes (classes listed alphabetically by category)

## COMPUTER CLASSES

### One-on-One Computer Tutoring

**Location:** Danville Senior Center, Conference Room

Computer tutoring sessions are for those who need assistance in the areas below. Bring your e-mail address and password login information for all e-mail instruction. Pre-registration is required; participants may schedule an appointment by calling (925) 314-3430. Participants may only register for two appointments at a time. Fees: \$2/per tutoring appointment. .

### Apple MAC Users

**Thursdays/Fridays: 2:00 p.m. and 3:00 p.m.**

**Volunteer Instructor:** Dale Lock

Dale offers hands-on sessions using your own Apple device (iMac, MacBook, iPad, iPhone, iPod or iPod Touch). Students must bring their own Apple device to the session.

### PC Users

**Every other Thursday: 9:30 a.m.- 10:30 a.m. and 10:30 a.m.- 11:30 a.m.**

**Volunteer Instructor:** Chuck Bieneman

Questions on Microsoft Office programs and systems, setting up email, basic internet searches, printing and saving as well as configuring new laptops. Students may bring their own laptop or one with Windows XP will be provided.

### PC /Apple MAC Users

**Wednesdays: 2:30 p.m.- 3:30 p.m. & 3:30 p.m.- 4:30 p.m.**

**Volunteer Instructor:** Clark Murray

Clark will assist you with questions on either a MAC product/computer or PC platform.

## COOKING CLASSES

### Cooking with James ~Borscht

**Thursday March 10, 2:00 p.m.-3:30 p.m.**

**Location:** Danville Senior Center, Community Hall A

**Instructor:** James Donnelly

This month we will be preparing Borscht, a Ukrainian beet soup most often identified with Russia.  
Fees: \$8(R) \$10(NR).

### Pain-Free Cooking \*NEW\*

**Tuesday, March 8 – March 22, 1:00 p.m.- 2:30 p.m.**

**Location:** Danville Senior Center, Community Hall A

**Instructor:** Ilah Jarvis

Learn how to prepare three easy and delicious meals that will help reduce inflammation and promote healthy digestion. Soup, sautés, salads, smoothies and more! \$25 materials fee payable to instructor on the first day of class. Fees: \$68(R) \$82(N)

### Peruvian Everyday Fare

**Friday, March 18 5:30 pm – 8:00 pm**

**Location:** Danville Senior Center, Community Hall A

**Instructor:** Nora Frazier

Hands-on demonstration cooking class with a historical overview. Appetizer: Fried Yuguitas. Entrée: Seared Salmon with creamy potatoes. Dessert: Fresh Fruit Tres Leches. \$16 materials fee payable instructor at class. Fees: \$50(R) \$60(N)



*Ceviche tasting*

### Peruvian International Kitchen

**Friday, April 29, 5:30 p.m.-8:30 p.m.**

**Location:** Danville Senior Center, Community Hall A

**Instructor:** Nora Frazier

Hands-on demonstration cooking class with a historical overview. Appetizer: Shrimp Cocktail au Cognac. Entrée: Four Mushroom Risotto. Dessert: Key Lime Tartlets. \$16 supply fee payable to instructor first day of class. Fees: \$50(R) \$60(N)

# Classes (classes listed alphabetically by category)

## DANCE CLASSES

### Dancercise

Wednesday, March 2 - April 27, 10:50 a.m.-11:40 a.m.

Location: Danville Senior Center, Community Hall

Instructor: Nancy Koo & Dolly Bitanga

A variety of steps will be taught and combined to help people build strong minds and happy hearts. Fees: \$18(R) \$22(N).

### Fundamental Argentine Tango

Tuesday, March 1 - April 26, 3:00 p.m.-5:00 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Carlin Ghahraman

You will learn the “Embrace,” tango walk and how to walk with another person, the basic steps (8 count) forward and back “ochos”, dancing to the rhythm and musicality. Prior dancing experience is helpful. Fees: \$90(R) \$108(N).

### Jacki Sorenson’s Aerobic Dance

Monday and/or Wednesday, March 7 – April 27,  
5:30 p.m.-6:30 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Lorie McGuinness

This class is a dance fitness class for the non-dancer that provides a total body workout that includes strength, flexibility and endurance in a safely choreographed format for all ages

and active seniors. Wear comfortable clothes and bring a floor mat. Hand-held, 2-4 lb. weights are recommended but not required. Note: Class is designed to meet Monday and Wednesday. For one-day only option, register for either the Monday OR Wednesday session. Fees: Mon-\$64(R) \$77(NR); Wed-\$64(R) \$77(NR); Mon and Wed-\$110(R) \$132(NR).



*Aerobic Dancing*

### Line Dance (Beginner/High Beginner)

Thursday, March 3– April 28, 10:00 a.m.-11:00 a.m.

Location: Danville Senior Center, Community Hall

Instructor: Joyce Lee and Minnie Choi

Explore different music from a variety of music genres. Each dance is repeated until everyone is comfortable with the dance. Watch our dances on YouTube Channel [superlinedance.com](https://www.youtube.com/channel/UCsuperlinedance). 3/17 class will be held at the Danville Community Center from 10:15 a.m.-11:15 a.m. Fees: \$27(R) \$32(N).

### Line Dance (High Beginner/ Easy Intermediate)

Thursday, March 3 – April 28, 11:15 a.m.-12:15 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Joyce Lee and Minnie Choi

A fun, healthy, social workout. Current choreographies will be taught to a variety of music genres with both fast and slow dance. Watch our dances on YouTube channel [superlinedance.com](https://www.youtube.com/channel/UCsuperlinedance). Must know all the dance terminology. Line dance experience, familiarity with terminology, count and basic steps preferred. 3/17 class will be held at the Danville Community Center from 11:30 a.m.-12:30 p.m. Fees: \$27(R) \$32(N).

### Line Dance (Easy Beginner/ Easy Intermediate)

Monday, March 7 – April 25, 7:00 p.m.-9:00 p.m.

Location: Danville Senior Center, Community Hall

Instructor: Joyce Lee and Minnie Choi

A fun, healthy social workout. Current choreographies will be taught to the rhythmic tunes of Rumba, Cha Cha, NC2 Step, Waltz, Tango, Swing, etc. with both fast & slow dances. Watch our dances on YouTube channel [superlinedance.com](https://www.youtube.com/channel/UCsuperlinedance). Participants must know all the dance terminology. Fees: \$32(R) \$38(N).

## EXERCISE CLASSES

### Cane-Doh

Tuesday, March 1 – April 26, 9:00 a.m.-10:00 a.m.

Location: Town Meeting Hall, Auditorium

Instructor: Bob Worthington

In an attack, when seconds count and law enforcement is a minute away, what can you do? Start today by trying something new and staying fit at the same time. Nine weeks of low impact

## Registration Form – March/April 2016

**Registration Dates: February 10 (Residents) February 12 (Non-Residents)**

INSTRUCTIONS: To register, check the Register box next to each activity you would like to participate and print the name of the registrant. You will receive a receipt confirming your registration. R = residents fee; N = non-residents fee. Times listed for each Senior Sneaker trip are approximate and checklists will be emailed one week prior to date of trip with exact time.

***Refunds will not be given for trips with less than 10 business days' notice or if tickets have already been purchased.***

NOTE: Information on refunds/cancellations/withdrawals and make-up classes are on page 3-4.

Register (X)	Participant Name	SENIOR SNEAKER TRIPS	Date	Time (approximate)	Fee
		<b>Musical Production: Portrait of Peony/Chinatown, SF</b> Activity Code: 10109	Saturday March 5	10:30 a.m.-5:00 p.m.	\$77 R \$92 N
		<b>John Muir House &amp; Port Chicago</b> Activity Code: 10105	Thursday March 10	9:00 a.m.-4:00 p.m.	\$10 R \$12 N
		<b>22<sup>nd</sup> Annual Spring Garden Market, San Jose</b> Activity Code: 10075	Saturday April 16	8:30 a.m.-4:00 p.m.	\$45 R \$54 N
		<b>Ironstone Vineyard</b> Activity Code: 10110	Thursday April 21	8:00 a.m.-6:00 p.m.	\$107 R \$128 N
Register (X)	Participant Name	SPECIAL EVENTS	Date	Time (approximate)	Fee
		<b>Saint Patrick's Day Luncheon</b> Activity Code: 9295	Thursday March 17	11:30 a.m.-1:00 p.m.	\$10 R \$12 N
		<b>Taste and Toast of India</b> Activity Code: 9296	Thursday March 24	7:00 p.m.-8:30 p.m.	\$6 R \$8 N
Register (X)	Participant Name	BUZZ SESSIONS	Date	Time (approximate)	Fee
		<b>How to Lower Cholesterol &amp; Triglycerides</b> Activity Code: 9954	Tuesday March 1	10:00 a.m.-11:00 a.m.	Free
		<b>Savvy Social Security Planning</b> Activity Code: 9955	Tuesday March 8	10:00 a.m.-11:00 a.m.	Free
		<b>Improve your Balance</b> Activity Code: 9952	Tuesday March 15	10:00 a.m.-11:00 a.m.	Free
		<b>Estate Planning 101</b> Activity Code: 9956	Tuesday March 22	10:00 a.m.-11:00 a.m.	Free
		<b>Points of Life: The Conversation about Aging</b> Activity Code: 9953	Tuesday March 29	10:00 a.m.-11:00 a.m.	Free
		<b>General Foot Care for Seniors</b> Activity Code: 9957	Tuesday April 5	10:00 a.m.-11:00 a.m.	Free
		<b>Hospice Care Options</b> Activity Code: 9958	Tuesday April 12	10:00 a.m.-11:00 a.m.	Free
		<b>Trekking Poles: Basic Training</b> Activity Code: 9959	Tuesday April 19	10:00 a.m.-11:00 a.m.	Free
		<b>Senior Wishes Can Come True</b> Activity Code: 9960	Tuesday April 26	10:00 a.m.-11:00 a.m.	Free
Register (X)	Participant Initials	CLASSES	Date	Time (approximate)	Fee
		<b>AARP Smart Driver Course - Refresher</b> Activity Code: 9348	Thursday 3/17	9:00 a.m.-1:00 p.m.	See Class Info
		<b>Acrylic Painting</b> Activity Code: 9857	Monday 3/7-4/18	10:00 a.m.-12:00 p.m.	\$120 R \$144 N
		<b>Bridge Basics One: An Introduction</b> Activity Code: 9858	Wednesday 3/2-4/20	10:00 a.m.-12:00 p.m.	\$100 R \$120 N
		<b>Bridge Basics Two: Competitive Bidding</b> Activity Code: 9859	Wednesday 3/2-4/20	6:30 p.m.-8:30 p.m.	\$100 R \$120 N
		<b>Cane Doh</b> Activity Code: 9860	Tuesday 3/1-4/26	9:00 a.m.-10:00 a.m.	\$65 R \$78 N
		<b>Cooking with James - Borscht</b> Activity Code: 9861	Thursday 3/10	2:00 p.m.-3:30 p.m.	\$8 R \$10 N



Register (X)	Participant Initials	CLASSES (Con't)	Date	Time (approximate)	Fee
		<b>Dancercise</b> Activity Code: 9864	Wednesday 3/2-4/27	10:50 a.m.-11:40 a.m.	\$18 R \$22 N
		<b>Easy Watercolor Still Life</b> Activity Code: 9886	Monday 4/11-4/25	10:30 a.m.-12:30 p.m.	\$68 R \$82 N
		<b>Functional Strength Training *NEW</b> Activity Code: 10101	Monday 3/7-4/25	8:15 a.m.-9:00 a.m.	\$80 R \$96 N
		<b>Fundamental Argentine Tango Course</b> Activity Code: 10098	Tuesday 3/1-4/26	3:00 p.m.-5:00 p.m.	\$90 R \$108 N
		<b>Game Day</b> Activity Code: 9865	Friday 3/4-3/29	10:30 a.m. – 1:30 pm.	Free
		<b>Gentle Stretch</b> Activity Code: 9866	Monday 3/7-4/25	2:30 p.m.-3:30 p.m.	\$56 R \$67 N
		<b>Gentle Stretch</b> Activity Code: 9867	Wednesday 3/2-4/8	2:30 p.m.-3:30 p.m.	\$63 R \$76 N
		<b>Hand Painting on Glass</b> Activity Code: 9868	Tuesday 3/8-4/19	1:00 p.m.-3:00 p.m.	\$120 R \$144 N
		<b>Improve Your Odds for Healthy Living</b> Activity Code: 10015	Thursday 4/14-4/28	1:30 p.m.-2:30 p.m.	\$33 R \$40 N
		<b>Jacki Sorensen's Aerobic Dancing</b> Activity Code: 9870	Monday 3/7-4/25	5:30 p.m.-6:30 p.m.	\$64 R \$77 N
		<b>Jacki Sorensen's Aerobic Dancing</b> Activity Code: 9871	Wednesday 3/9-4/27	5:30 p.m.-6:30 p.m.	\$64 R \$77 N
		<b>Jacki Sorensen's Aerobic Dancing</b> Activity Code: 9869	Mon/Wed 3/7-4/27	5:30 p.m.-6:30 p.m.	\$110 R \$132 N
		<b>Kamanawanaplaya Ukulele</b> Activity Code: 9872	Thursday 3/3-4/28	4:00 p.m.-5:30 p.m.	\$18 R \$22 N
		<b>Line Dance (Beginner/High Beginner)</b> Activity Code: 9873	Thursday 3/3-4/28	10:00 a.m.-11:00 a.m.	\$27 R \$32 N
		<b>Line Dance (High Beg./Easy Intermediate)</b> Activity Code: 9875	Thursday 3/3-4/28	11:15 a.m.- 12:15 p.m.	\$27 R \$32 N
		<b>Line Dance (Easy Intermediate/Intermediate)</b> Activity Code: 9874	Monday 3/7-4/25	7:00 p.m.-9:00 p.m.	\$32 R \$38 N
		<b>Luk Tung Kuen</b> Activity Code: 9876	Wednesday 3/2-4/27	10:00 a.m.-10:50 a.m.	\$18 R \$22 N
		<b>Mat Pilates *NEW*</b> Activity Code: 10106	Thursday 3/3-4/28	8:15 a.m.-9:15 a.m.	\$72 R \$86 N
		<b>Pain-Free Cooking *NEW*</b> Activity Code: 9887	Tuesday 3/8-3/22	1:00 p.m.-2:30 p.m.	\$68 R \$82 N
		<b>Peruvian Everyday Fare</b> Activity Code: 10094	Friday 3/18	5:30 p.m.-8:30 p.m.	\$50 R \$60 N
		<b>Peruvian International Kitchen</b> Activity Code: 10095	Friday 4/29	5:30 p.m.-8:30 p.m.	\$50 R \$60 N
		<b>Pilates Sculpt</b> Activity Code: 9877	Wednesday 3/2-4/27	1:30 p.m.-2:30 p.m.	\$72 R \$86 N
		<b>QiGong - Shibashi for Seniors</b> Activity Code: 9878	Wednesday 3/2-4/27	12:00 p.m.-12:50 p.m.	\$18 R \$22 N
		<b>Senior Stretch</b> Activity Code: 9879	Friday 3/4-4/29	9:15 a.m.-10:15 a.m.	\$35 R \$42 N
		<b>Simple Crochet Scarf</b> Activity Code: 9862	Monday 3/7-3/21	1:30 p.m.-3:30 p.m.	\$68 R \$82 N
		<b>Spanish - Beginning</b> Activity Code: 9880	Tuesday 3/1-4/26	9:30 a.m.-10:30 a.m.	\$90 R \$108 N
		<b>Spanish – Conversation</b> Activity Code: 9881	Monday 3/7-4/25	10:00 a.m.-11:00 a.m.	\$80 R \$96 N
		<b>Strength and Tone</b> Activity Code: 9882	Thursday 3/3-4/28	4:15 p.m.-5:15 p.m.	\$63 R \$76 N
		<b>Tai Chi</b> Activity Code: 9885	Wednesday 3/2-4/27	9:00 a.m.-9:50 a.m.	\$18 R \$22 N
		<b>Tai Chi Chih/QiGong</b> Activity Code: 9884	Tuesday 3/1-4/26	10:30a.m.-11:30a.m	\$18 R \$22 N
		<b>Welcome to Medicare</b> Activity Code: 9284	Saturday 3/12	10:00 a.m.-12:30 p.m.	Free



Register (X)	Participant Initials	CLASSES (Con't)	Date	Time (approximate)	Fee
		<b>Welcome to Medicare</b> Activity Code: 9285	Saturday 4/9	10:00 a.m.-12:30 p.m.	Free
		<b>Writing Group</b> Activity Code: 9890	Friday 3/4-4/29	10:00 a.m. 12:00 p.m.	Free
		<b>Yoga - Monday</b> Activity Code: 9891	Monday 3/7-4/25	11:00 a.m.-12:15 p.m.	\$80 R \$96 N
		<b>Yoga - Monday</b> Activity Code: 9892	Monday 3/7-4/25	12:30 p.m.-1:45 p.m.	\$80 R \$96 N
		<b>Yoga-Wednesday</b> Activity Code: 9893	Wednesday 3/2-4/27	8:15 a.m.-9:30 a.m.	\$90 R \$108 N
		<b>Zumba-Monday</b> Activity Code: 9894	Monday 3/7-4/25	4:15 p.m.-5:15 p.m.	\$56 R \$67 N
		<b>Zumba - Wednesday</b> Activity Code: 9895	Wednesday 3/2-4/27	4:15 p.m.-5:15 p.m.	\$63 R \$76 N
			<b>TOTAL FEES</b>	<b>PAGE 1</b>	<b>\$</b>
				<b>PAGE 2</b>	<b>\$</b>
				<b>PAGE 3</b>	<b>\$</b>
				<b>TOTAL FEES</b>	<b>\$</b>

## REGISTRATION INFORMATION

If you have not yet set up your account, we encourage you to do so by following these steps:

- Go to [www.danvillerecguide.com](http://www.danvillerecguide.com)
- Click on the Create an Account link (under the blue Sign In button)
- Follow the system prompts

For those of you who do not have computer access, the Danville Senior Center staff will be available to assist you in the process. The enclosed registration form has been updated; we ask that if you haven't set up your own account, you make sure all of the required information is complete so staff can register you in a timely manner. Thank you for your support!

### On-line Registration

On-line registration for residents will begin at **8:30am on Wednesday, February 10**. You must already have your account set up.

**Mail or drop off your registration** form to the Danville Senior Center or the Danville Community Center. All resident registrations received by February 9 at 5:00p.m will be **processed beginning Wednesday, February 10 with no priority given. Non-resident registration will begin on Friday, February 12. Phone and walk-in registration will begin on Monday, February 15.** To register by phone, please contact the Danville Senior Center (925) 314-3430.

## SENIOR SNEAKER TRIPS/CLASS CANCELLATIONS/WITHDRAWALS

**Senior Sneaker Trip Refund Policy:** When registration falls below the minimum enrollment required, it may be necessary to cancel a trip. At the time of cancellation, the Town will initiate a full refund. Please allow 3 to 4 weeks for refunds to be processed. *Withdrawal and refund requests must be submitted **ten working days prior to the trip**.* Refunds **will not** be given for trips with **less than 10 business days' notice or if tickets have already been purchased and designated no refund.**

**Class Cancellation/Withdrawals**

Requests for withdrawal will be honored if requested no later than 5 business days prior to the first day of class. Requests made less than 5 business days prior to the first day of class must be submitted in writing and will be considered on an individual basis. A \$20 processing fee will be charged for check refunds; a \$5 processing fee for credit card refunds.

**If you wish to register by mail, complete the form and mail with payment to:**

**Danville Senior Center, Attn: Class Registrations**

**115 E. Prospect Avenue, Danville, CA 94526**

**Checks payable to: Town of Danville**

**(Circle One):      Check                      Cash (exact amount)                      MasterCard                      Visa                      AMEX**

**PLEASE NOTE: EACH INDIVIDUAL MUST REGISTER SEPARATELY WITH AN EMAIL ADDRESS AND BIRTHDATE**

**Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Address/City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Credit Card No:** \_\_\_\_\_ **Exp.Date:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **3 digit security code. #:** \_\_\_\_\_

# Classes (classes listed alphabetically by category)

## *Cane Dob (continued...)*

training on how to use a walking stick to defend yourself. Stand tall, walk proud, remember who you are. Please bring your own cane (wooden preferred) and a relaxed attitude. Wear comfortable, loose clothing. No open-toed shoes, sandals or finger rings please. Some "loaner" canes will be available. Fees: \$65(R) \$78(N).

## **Functional Strength Training \*NEW\***

**Monday, March 7 – April 25, 8:15 a.m.-9:00 a.m.**

**Location: Danville Senior Center, Community Hall C**

**Instructor: Jeff Beard**

The purpose of this class is to address frequently used muscles needed for normal activities of daily living including core muscles, which decreases our risk of falling. Bring 3-5 lb. dumbbells, exercise mat, towel and water. Fees: \$80(R) \$96(N).



*Gentle Stretch Class*

## **Gentle Stretch**

**Monday, March 7 – April 25, 2:30 p.m.-3:30 p.m.**

**Wednesday, March 2 – April 27, 2:30 p.m.-3:30 p.m.**

**Location: Danville Senior Center, Community Hall**

**Instructor: Rosalyn Lee**

Treat the body to healthy stretching that elongates muscles, aligns joints and improves flexibility, balance and core condition. Bring a mat and a dish-sized towel. Fees: Mon-\$56(R) \$67(N); Wed-\$63(R) \$76(N).

## **Luk Tung Kuen**

**Wednesday, March 2 – April 27, 10:00 a.m.-10:50 a.m.**

**Location: Danville Senior Center, Community Hall**

**Instructor: Chia Chia Chien**

This is a very popular worldwide exercise with 36 postures. Each posture has its own pattern, which is repeated 5-10 times. Fees: \$18(R) \$22(N).

## **Mat Pilates \*NEW\***

**Thursday, March 3 – April 28, 8:15 a.m.-9:15 a.m.**

**Location: Danville Senior Center, Community Hall**

**Instructor: Rosalyn Lee**

This class works towards toning, flexibility, better posture, efficient movement and mind/body connection. We will work from the deepest layers of muscle which stabilize and support ideal posture and alignment. Bring mat. Fees: \$72(R) \$86(N).

## **Qigong-Shibashi for Seniors**

**Wednesday, March 2- April 27, 12:00 p.m.-12:50 p.m.**

**Location: Danville Senior Center, Community Hall**

**Instructor: Jim Donnelly**

Qigong is a mild exercise system practiced for health maintenance, healing and increasing vitality; Qigong is an integration of physical postures, breathing technique and focused intentions. The gentle movements reduce stress, build stamina, increase vitality and enhance the immune system. Shibashi is an 18 movement form of Qigong. Fees: \$18(R) \$22(N).

## **Pilates Sculpt**

**Wednesday, March 2- April 27, 1:30 p.m.-2:30 p.m.**

**Location: Danville Senior Center, Community Hall B&C**

**Instructor: Rosalyn Lee**

Get your posture back into alignment and learn how to build muscle safely. Achieve a full-body workout while strengthening, lengthening and toning all areas: hips, thighs, seat, abdominals and arms. The technique is low-impact, protecting your joints by avoiding any bouncing or jumping. The technique works to defy gravity by tapering everything in and lifting it up. Fees: \$72(R) \$86(N).

## **Senior Stretch**

**Friday, March 4 – April 29, 9:15 a.m.-10:15 a.m.**

**Location: Danville Senior Center, Community Hall B&C**

**Instructor: Sylvia Rodriguez**

Stretching is the process of elongating the muscles, tendons and ligaments that connect the muscles and bones of the body, which is not only an important part of a physical fitness regimen, but also of living a healthy life. Bring a mat to class. Fees: \$35(R) \$42(NR).



# Classes (classes listed by category alphabetically)

*Exercise Classes (continued...)*

## Strength and Tone

**Thursday, March 3 – April 28, 4:15 p.m.-5:15 p.m.**

**Location:** Danville Senior Center, Community Hall B&C

**Instructor:** Parandise Banifatemi

Our Certified Master Trainer uses dynamic weight training and cardio moves resulting in increased muscle strength, improved posture and condition. This class is for active adults/seniors who are looking for a challenge in their workout routine. Students need to bring their own set of dumbbells. Contact instructor for questions. Fees: \$63(R) \$76(N).

## Tai Chi

**Wednesday, March 2 – April 27, 9:00 a.m.-9:50 a.m.**

**Location:** Town Meeting Hall

**Instructors:** Josie Fong & Cynthia Lau

Learn a popular cultural exercise with body movement, balance control, muscle coordination and stretches. Fees: \$18(R) \$22(N).

## T'ai Chi Chih & QiGong

**Tuesday, March 1 – April 26, 10:30 a.m.-11:30 a.m.**

**Location:** Danville Senior Center, Community Hall A&B

**Instructor:** Mary Case

Tai Chi is a moving meditation that cultivates health, serenity and longevity. The non-impact movements are easy and adaptable to anyone's range of motion, including those who need to do the movements while seated. With 20 easy-to-learn movements, anyone can participate. Fees: \$18(R) \$22(N).

## Yoga

**Monday, March 7 – April 25, 11:00 a.m.-12:15 p.m.**

**Location:** Danville Community Center, Valley Oak Room,

Fees: \$80(R) \$96(N).

**Monday, March 7 – April 25, 12:30 p.m.-1:45 p.m.**

**Location:** Town Meeting Hall

Fees: \$80(R) \$96(N).

**Wednesday, March 2 – April 27, 8:15 a.m.-9:30 a.m.**

**Location:** Danville Senior Center, Community Hall

Fees: \$90(R) \$108(N).

**Instructor:** Marcia Conroy

Basic foundations of yoga are taught in a gentle modified style. Focus includes stretching, weight-bearing poses, sequences of poses designed to improve heart rate, enhance mobile stability, and stress relief. Yoga mat required. Wear comfortable clothing.

## Zumba

**Monday, March 7 – April 25, 4:15 p.m.-5:15 p.m.**

**Wednesday, March 2 – April 27, 4:15 p.m.-5:15 p.m.**

**Location:** Danville Senior Center, Community Hall

**Instructor:** Parandis Banifatemi

Zumba is for EVERYONE! This is an exciting and fun aerobic exercise using Latin rhythms with easy-to-follow moves. Ditch the workout! Come join the party! Fees: Mon-\$56(R) \$67(N); Wed-\$63(R) \$76(N).

## GAMES/ MIND ENRICHMENT CLASSES

### ACBL Bridge

**Friday, March 4 – April 29, 9:30 a.m.-1:30 p.m.**

**Location:** Danville Senior Center, Room A

**Instructor:** David Sterling

Friday morning play is limited to players with less than 1500 Master Points. Join a friendly and fun game. Pre-registration advised. Call David at (925) 683-1083 for available partners (not guaranteed). Fees: \$6 per day(R) \$7 per day (N). Online registration not available.



*ACBL Bridge*

### Bridge Basics One: An Introduction

**Wednesday, March 2 – April 20, 10:00 a.m.-12:00 p.m.**

**Location:** Danville Senior Center, Meeting Room

Come learn the Game of Games! We will go over hand evaluation, opening bids and responses along with the basics of declarer play and defense. : \$12 optional materials fee payable to instructor on the first day of class.

No experience required. Fees: \$100(R) \$120(N).

# Classes / Health & Wellness Programs / Clubs

*Games (continued...)*

## **Bridge Basics Two: Competitive Bidding**

**Wednesday March 2 – April 20, 6:30 p.m.-8:30 p.m.**

**Location: Danville Senior Center, Meeting Room**

We will cover overcalls, take out doubles, weak 2 & 3 bids, Stayman, Jacoby transfers, strong 2C opening as well as a few other commonly used conventions. \$12 materials fee payable to instructor on the first day of class. Questions? Call Michael, (925) 949-9630. \$12 optional materials fee payable to instructor on the first day of class.

## **Game Day**

**Friday, March 4 – April 29, 10:30 a.m.-1:30 p.m.**

**Location: Danville Senior Center, Community Hall C**

Games, games, games galore at the Danville Senior Center. Play your favorite board games, cards, dominoes and poker (chips only). Bring your friends for a morning of fun. Fees: Free

## **Seniors Bridge**

**Fridays, 9:30 a.m.- 12:30 p.m.**

**Location: Town Meeting Hall**

Call coordinators Flo Ahern at (925) 718-5468 or Bill Iles at (925) 216-1203 for reservations, or email [williamiles@comcast.net](mailto:williamiles@comcast.net). Experienced players only please. Fees: \$2 per person, per day.

## **LANGUAGE CLASSES**

### **Spanish – Beginning**

**Tuesday, March 1 – April 26, 9:30 a.m.-10:30 a.m.**

**Location: Danville Senior Center, Community Hall C**

**Instructor: Marta Castaneda**

This class is for students learning basic conversational Spanish, phrases, verb conjugation and vocabulary. Fees: \$90(R) \$108(N).

### **Spanish Conversation**

**Monday, March 7 – April 25 10:00 a.m.-11:00 a.m.**

**Location: Danville Senior Center, Community Hall C**

**Instructor: Marta Castaneda**

This class is for students that have some knowledge of Spanish. We will continue learning vocabulary, grammar and conversational Spanish. \$3 materials fee payable to instructor on the first day of class. Fees: \$80(R) \$96(N).

## **Health & Wellness Programs**

### **Blood Pressure Screening**

**1st and 3rd Mondays, 10:00 a.m.- 11:00 a.m.**

**Location: Danville Senior Center, Conference Room**

Seniors can drop in for a free blood-pressure screening. No appointments necessary. Fees: Free.

## **Improve Your Odds for Healthy Living (3-week course)**

**Thursday – April 14, 21, 28, 1:30 p.m.-2:30 p.m.**

**Location: Danville Senior Center, Community Hall**

**Instructor: Marina Shel Kolt**

**Week 1 – Three Small Steps to Achieve Quality of Life:**

Introduction to the concept of healthy living by modifying breathing, eating and exercise habits to achieve quality of life.

**Week 2 – Digestive Health-Tasty and easy nutritional foods:**

Learn/sample salad/dressing recipes, healthy gourmet soup, nutrient-rich bullion and food combinations which can reverse Type 2 diabetes, dementia and high blood pressure while improving your brain function.

**Week 3 – Healthy Spine and Joints: How to Prevent Injuries:**

Keep joints and spine in balance, achieve better circulation, heal inflammations and simple weight training/stretching exercises for better posture. Bring a mat.

Fees: \$33(R) \$40(N).

## **Clubs/Groups**

### **Kamanawanaplaya Ukulele**

**Thursday, March 3 – April 28, 4:00 p.m.-5:30 p.m.**

**Location: Danville Senior Center, Meeting Room**

**Instructor: Jack Fraser**

Have fun singing and playing the ukulele! Players must provide their own ukulele. New participants will need to purchase The Daily Ukulele (yellow book) and the Daily Ukulele - Leap Year Edition (blue book). Fees: \$18(R) \$22(N).

### **Danville Senior Citizens Club**

**Mondays, 9:00 a.m.- 2:00 p.m.**

**Location: Danville Senior Center, Community Hall**

Mah-Jongg, and free drop-in bridge lessons available 9:00 a.m.-11:30 a.m. Bingo 11:30 a.m.-2:00 p.m. New members welcome. Membership fee: \$15/year. Contact Patricia Graber at (925) 443-0268.

### **Hiking Club**

The Danville Area Senior Hikes (DASH) is open to adults ages 55 and up. Most hikes are not strenuous, but gradients are involved due to the local terrain. Distances are usually 4-5 miles, and the pace is moderate. Hikes are scheduled for the 2nd and 4th Wednesday of the month. Contact Senior Services at (925) 314-3430 or email [seniors@danville.ca.gov](mailto:seniors@danville.ca.gov) to be added to the e-mail hike information list. Fees: Free.

# Clubs

*Clubs (continued...)*

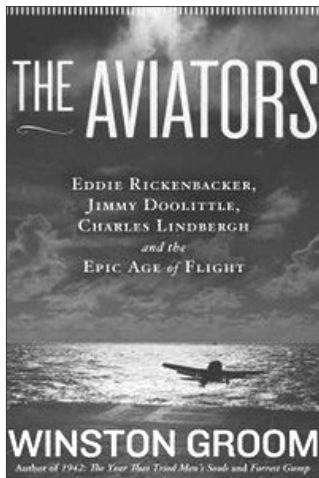
## **Danville Senior Book Club**

**Meets the 2nd Tuesday of each month, 10:30 a.m.-12:00 p.m.**

**Location: Danville Senior Center, Meeting Room**

Join friends each month as they discuss the pre-selected books listed below. Participants are responsible for obtaining and reading their own book and should read it prior to attending the discussion. Fees: Free.

## **MARCH BOOK SELECTION**



### ***The Aviators***

By Winston Groom

This novel is a joint biography of three legendary pilots - Eddie Rickenbacker, Jimmy Doolittle, Charles Lindbergh, and the Epic Age of Flight. Groom takes his subjects from their earliest days through World War II, when they all found a way to aid the struggle against the Axis powers. All three of Groom's subjects earned their renown by doing something extraordinary.

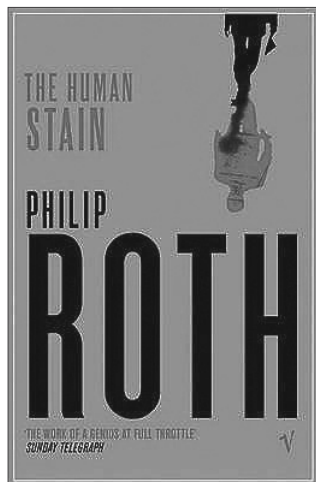
Groom traces their early careers, showing how they learned the nuts and bolts of aviation in the process of becoming pilots and convincingly portrays them as true American heroes, men who changed the world by their deeds and who inspired countless others to emulate their examples. A gripping document of a brilliant era in our history and a few of the men who helped make it so. (March 8).

## **APRIL BOOK SELECTION**

### ***The Human Stain***

By Phillip Roth

The Human Stain is a novel set in late 1990s rural New England. 65-year-old author Nathan Zuckerman, a successful writer, has retired to the Berkshires near the small New England college of Athena. There, he becomes friendly with a neighbor named Coleman Silk, a retired classics professor who resigned after a campus scandal in which he was



wrongly accused of racism after a chance and misunderstood remark. As Zuckerman gets to know Silk, Silk is having his own affair with a 34-year-old cleaning woman who is separated from her Vietnam veteran husband. He is stalking her and Coleman, with results that could be fatal. But no one in this story is quite what he or she seems. Roth's alter ego, Zuckerman, tries to unravel the secrets and lies of the various other characters' lives -- including the young French feminist professor who primarily hounded Coleman out of his job (April 12).

## **Writing Group**

**Friday, March 4 – April 29, 10:00 a.m.-12:00 p.m.**

**Location: Danville Senior Center, Meeting Room**

**Instructor: Gordon Lindsay**

The purpose of this group is to give participants a weekly schedule for writing and provide support by writing in the same room together. The group is based on the Shut Up and Write Groups throughout the Bay Area. We'll have approximately 10 minutes to chat about writing at the end of each session. We won't share aloud and there will be no writing exercises Fees: Free.

## **Local Community Resources**

### **AARP Smart Driver Refresher Course**

**Thursday, March 17, 9:00 a.m.-1:00 p.m.**

**Location: Oak Hill Park Community Center, Meeting Room**

**Instructor: Certified AARP Volunteer Instructor**

This course is designed for drivers 50 and older, and covers normal physical changes and techniques to compensate for these changes. The course includes an auto insurance discount certificate. Checks should be made payable to AARP at beginning of class. Fees: \$15 AARP members, \$20 non-members. Instructor cannot accept cash. This is a refresher course.

### **HICAP Medicare Counseling for Medicare Beneficiaries and their Families**

**Wednesday, March 9 and April 13, 8:45 a.m.-11:00 a.m. and 1:00 p.m.-4:00 p.m.**

**Tuesday, March 22 and April 26, 1:45 p.m.-4:00 p.m.**

**Location: Danville Senior Center, Conference Room**

HICAP provides free and objective counseling and advocacy services for Medicare enrollment and with issues involving Medicare and associated insurance programs. For an appointment, call (925) 602-4168. Fees: Free.



# Community Resources / Special Events

*Community Resources (continued...)*

## Notary Public Services

For appointment, call Mary Maki at 925-683-2835

Fee: Free

## Personal Counseling Services

**Location:** Danville Senior Center, Conference Room

Discovery Counseling Center therapist, Dr. Fran Rapoport, is available for individual and group counseling services. Confidentiality and privacy will be protected. A grant from the Chevron Corporation enables seniors to have initial sessions at no cost. For an appointment, call Dr. Fran (925) 837-0505, ext. 314.

## Welcome to Medicare Seminar

**Saturday, March 12 and April 9, 10:00 a.m.-12:30 p.m.**

**Locations:** Danville Community Center, Vallejo Oak Room and Danville Senior Center, Community Hall C\*

**Instructor:** Contra Costa County Staff/HICAP Counselors

A workshop for those new to Medicare. You will learn about Parts A, B, C & D and the benefits they offer. Learn ways to supplement Medicare using a Medigap or Medicare Advantage Plan and how to select a Part D Prescription Drug Plan. Extensive materials provided. Registration required. Please sign up for only one session. Fees: Free.

\* March 12 meeting held at the Danville Community Center; April 9 meeting held at the Danville Senior Center.

## Volunteer with AARP TAX-AIDE for 2016 Tax Season

Contra Costa County AARP Tax-Aide is looking for volunteers to be Tax Counselors or Client Facilitators. IRS training and certification is provided by Tax-Aide. If interested, apply online, [www.aarp.org/taxvolunteer](http://www.aarp.org/taxvolunteer) or call LaVerne Gordon at (925) 726-3199 for additional information and to apply.

## FREE TAX PREPARATION

Free tax preparation for the 2016 tax season will again be offered by Tax-Aide's AARP sponsored program providing IRS certified tax counselors for Danville residents. Tax-Aide does not specify an income limit but the service targets low and moderate income taxpayers of any age with special attention given to seniors 60 plus. The tax preparation service will be available at the St. Isidore's Ministry Center. The site will be open every Tuesday starting February 2 from 9 am to 2:30 pm. The site also accepts walk-ins. Beginning January 7, 2016, call 925-480-7202 for more information or to make an appointment.

## Special Events

### St Patrick's Day Celebration

**Thursday, March 17, 11:30a.m. – 1:00p.m.**

Come and celebrate the luck of the Irish with a St. Patrick's Day luncheon. Celebrate with friends, fun, music and good food! Traditional corned beef lunch to be provided by McGah's. Fee: \$10(R) \$12(NR)



*St. Patrick's Day Celebration*

### Taste and Toast of India

**Thursday, March 24, 7:00p.m – 8:30p.m.**

**Location:** Danville Senior Center

Don't miss this great opportunity to learn about India! Come and spend the evening learning about India's culture through food samplings, photos, history and entertainment. Taste and Toast is always a fun and informative night for all! Don't miss out, register today! Fee: \$6(R) \$8(NR)



*Taste and Toast Night*



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Senior Services  
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Danville, CA 94526

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**[www.danville.ca.gov](http://www.danville.ca.gov)**

**Danville Senior Services (925) 314-3430**

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**REGISTRATION: FEBRUARY 10- RESIDENTS; FEBRUARY 12 - NON-RESIDENTS**

View or download the Silver Streak online at

[www.danville.ca.gov/seniors](http://www.danville.ca.gov/seniors).

**SILVER STREAK DISTRIBUTION:**

The Town of Danville will continue mailing the bi-monthly Silver Streak newsletter to Danville residents within the Town boundaries. Non-residents are encouraged to view or download the Silver Streak online at

[www.danville.ca.gov/seniors](http://www.danville.ca.gov/seniors) or view a copy at any Town Office location.

**Silver Screen**

**Movies**

Location: Village Theatre

Fees: FREE

Movies are shown on Fridays at 1:30 p.m.

Please contact Senior Services at (925) 314-3430 to get a list of scheduled movies. Pre-registration not required.

**Movie Dates:**

**March:**

Fridays the 4<sup>th</sup> and the 18<sup>th</sup>

**April:**

Fridays the 1<sup>st</sup> and the 15<sup>th</sup>

**Coming to the Village Theatre:**

2X Film Series: Play Ball! Featuring :

*The Sandlot* and *Field of Dreams*, March 12, 2:00 p.m.

Role Players Ensemble presents:

*Good People*, January 29 - February 14, 2016

[www.villagetheatreshows.com](http://www.villagetheatreshows.com)

**Coming to the Village Theatre Art Gallery**

*"55" Sea Level Rise*

Opening night: Friday, March 11, 5:00 p.m.-7:00 p.m., FREE

Images of Antarctica and Sea paintings. Exhibit runs through April 23.

[www.villagetheatreartgallery.com](http://www.villagetheatreartgallery.com)

